



Coping Skills for Kids has resources and products to teach kids healthy ways to deal with stress, anxiety and anger.

Products you can download:

- Deep Breathing Printables
- The Digital Version of Coping Skills for Kids Workbook
- Digital Cue Cards
- Create Coping Skills Champions e-course
- and more

Products we ship to you:

- Coping Cue Cards Discovery Deck
- Deep Breathing Posters
- Coping Skills On The Go Bag
- The Print Version of the Coping Skills for Kids Workbook
- and more



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For more information or press inquiries, contact info@copingskillsforkids.com

About

Coping Skills for Kids was founded in 2015 by Janine Halloran, a Licensed Mental Health Counselor and mom of 2 elementary school kids. She creates the products available at Coping Skills for Kids based on both her clinical expertise and her experiences as a mom.

Janine is the author of the Coping Skills for Kids Workbook and a national speaker. She is an expert on NBC Parent Toolkit. She has written for Confident Parents Confident Kids, Hey Sigmund and Bay State Parent Magazine. She has also been interviewed by the Boston Globe, psychcentral.com and on the We Turned Out Okay podcast. Her company, Coping Skills for Kids, was featured in The Skimm newsletter.

Featured In:



Media Appearances



Is Your Toddler Struggling with Anxiety? What You Need to Know

How to Help Your Child Handle Their Anger—Even When You're Uncomfortable with It



Skimm'r of the Week - May 23, 2018

BostonVoyager

Meet Janine Halloran of Encourage Play & Coping Skills for Kids

 *Hey* SIGMUND

5 Ways to Help Your Child Cope with Stress

Media Appearances

PARENT TOOLKIT

Nurturing Kids Who Can Cope With Challenges

Massachusetts' Premier Magazine For Families
baystateparent

How to Help Your Child Navigate Holiday Stress



How to Help Your Child Curb Stress and Anxiety



confident parents confident kids

Raising Kids Who Can Cope with Tough Times



Writer/Speak Interview with Jeane Sloane

Positive Customer Reviews

"I used the Coping Skills Checklist with one of my students and it was great! We went through coping skills that she already used and coping skills she was willing to try and made a comprehensive list. Then we filled out the sheet deciding what coping skills to use when she experiences different negative feelings. She has been using them! Thank you!"

Danielle from Maryland

"Visuals are very helpful and my youngest carries the checklist around with him."

Chris from Louisiana

"The younger kids have really liked some of the alternative ways to do their deep breathing such as the stuffed animal on the belly. Teaching a few deep breathing techniques allows me to cue them to take a breath while giving them a choice of how. This has made them less resistant to doing it."

Tamara from Cincinnati

"It went really well. He likes the visual cues. He REALLY likes the sign that says "its ok to feel..., but dont' ...) I've laminated it and placed it several locations in the home."

Megan from BC, Canada

Praise for the Workbook

The Coping Skills Workbook is an excellent resource for parents (and educators) who want to help the children in their lives learn important, timeless skills for self-soothing. Filled with concrete suggestions and instructions, this workbook allows parents to teach their kids to cope with the stressors that they will inevitably encounter in their day to day lives. This workbook also functions as a layperson's primer on Cognitive Behavioral Therapy, helping parents teach kids how to reframe their cognitions and change their behaviors to feel more calm and in control."

Dr. Samantha Rodman, Psychologist, Author of *How to Talk to Your Kids about Your Divorce*, and creator of www.drpsychmom.com

"I absolutely LOVE the "Coping Skills for Kids Workbook" by Janine Halloran. It's an AMAZING resource of over 75 coping strategies for kids to help deal with stress, anxiety, and anger. It's organized wonderfully by four categories - calming coping skills, distracting coping skills, physical coping skills, and process coping skills - with an extremely helpful checklist handout to work on with kids. With all of these strategies in one place it will definitely be my "go-to" book for a long time in my work as a child psychologist and play therapist."

Dr. Laura Hutchison, Psychologist and creator of blog.playdrhutch.com

A word from the Founder

As a Licensed Counselor, I've worked with kids over the last 15 years to help them figure out how to cope with stress, anxiety and anger. As a mom, I've also been teaching my own children healthy ways to cope. The products we offer here are ones that I've found to be helpful coping strategies for kids. These types of products have helped kids before, and they may be able to help yours.



Healthy coping skills matters a great deal to me. I want to make sure that all kids are able to get support and not feel stigmatized when they seek help. The National Alliance on Mental Illness does great work supporting children and families with mental health concerns. To support their efforts, Coping Skills for Kids donate 5% of it's profits to the National Alliance on Mental Illness. By buying from Coping Skills for Kids, customers are helping to support the mental health of children and their families.



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